

## Senior Center Hours:

M—W: 8:30 a.m.—9:00 p.m.

Th—F: 8:30 a.m.—5:00 p.m.

## Holiday Closures:

September 1

November 11, 27, 28

December 25, 26\*, 29\*, 30\*, 31

January 1

\*The Senior Center will be open for the lunch program only on these dates.

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Fees in this guide are for seniors ages 55+. MVLA classes may be offered to those under 55, for a higher fee. If you are interested in those fees, please contact MVLA or visit the class & speak with the instructor.

Classes taking place at the Mountain View Community Center are located at 201 S. Rengstorff Ave., Mountain View, Ca 94040

# Fall

September - December 2014

# Class Guide



**Parks  
Make  
Life  
Better!**



## Mountain View Senior Center

266 Escuela Avenue, Mountain View CA 94040 (650) 903.6330

To sign up match the “sign up” with the one of the six options below.

**MV-LA**  
(Mountain View Los Altos Adult Education)  
Three options:  
1. In-person: 333 Moffett Blvd.  
2. Call: 650-940-1333  
3. Online: www.mvlaae.net

**VOLUNTEER**  
These classes are FREE!  
Please speak with the instructor for information about joining.

**IN CLASS**  
Attend class and register with the instructor.

**Foothill DeAnza**  
To register visit the class and the instructor will have the registration paperwork.  
Additional information call Foothill at:  
408-864-5300

**Club**  
These clubs are social groups that share a common interest and meet for FREE!

**MVSC Front Desk**  
These are programs that require advanced registration. Please speak with staff at the front desk or call 650-903-6330 to sign up.

## HOW TO REGISTER

Looking in the “signup” column will tell you if the class is run by Mountain View-Los Altos Adult Education, a Volunteer, an Independent Instructor (In Class), or Foothill Community College. To sign up, follow the instructions at the top of this page.



**EXAMPLE**

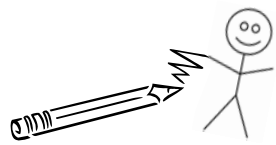
CLASS NAME	SIGNUP	DAY	DATES
MEMOIRS WRITING - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. No class 4/12.	<b>MV-LA</b>	TH	1/12-3/22

**MV-LA**  
Three options:  
1. In-person: 333 Moffett Blvd.  
2. Call: (650) 940-1333  
3. Online: www.mvlaae.net

**STEP 1:** Locate the “Signup” agency for the class.

**STEP 2:** Follow the signup information located at the top of each page.





# ARTS & CRAFTS CLASSES

CLASS NAME	SIGNUP (pg2)	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>CALLIGRAPHY: Casual Pointed Pen Techniques</b> —Class materials fee of \$5.00 payable to teacher for alternate colored inks, iridescent, and papers. No class 11/28.	MV-LA	F	9/26-12/12	9am-12pm	\$99 + Materials fee	Arts & Crafts Room	Sara Loesch Frank
<b>CERAMICS: BEG/ INTER TECHNIQUES</b> —Beginning and intermediate students will learn various techniques in clay and glazing and at the end of the session will have completed work to take home. Beginning students welcome. Materials Fee: glazes \$18, clay \$8, payable to instructor at the first class. No class 9/24, 11/12,11/26.	MV-LA	W	9/10-12/10	1pm-4pm	\$82 + Material Fee	Arts & Crafts Room	Susan Worley
<b>CERAMICS: SMALL SCULPTURE</b> - Students will learn a variety of techniques to build, glaze and finish small sculptures and at the end of session will have completed pieces to take home. Materials Fee: glazes \$18, clay \$8, payable to instructor at the first class. No class 9/24, 11/12,11/26.	MV-LA	W	9/10-12/10	9am-12pm	\$82 + Material Fee	Arts & Crafts Room	Susan Worley
<b>CREATIVE STITCHERY</b> - You are welcome to bring your own stitchery project, or you might want to learn one of the interesting needlework or crafts being taught. New students are welcome! No meeting 9/1.	VOLUNTEER	M	Ongoing	9am-12pm	Free	Arts & Crafts Room	M. Vargas
<b>FIGURE &amp; PORTRAIT DRAWING &amp; PAINTING</b> - This is your opportunity to gain quality instruction while drawing portraits and figures of live clothed professional artists' models. Instruction will be individualized and is open to all skill levels. Students will be encouraged to work in a variety of media. A models' fee of \$64 will be payable to the instructor at the first class. No class 11/27.	MV-LA	Th	9/11-12/11	1pm-4pm	\$117+ \$64 Model fee	Arts & Crafts Room	Ken Young
<b>IKEBANA (FLOWER ARRANGING)</b> - Learn the Japanese technique of Ikebana ("living flowers") as you create flower arrangements. This class meets twice a month and is open to anyone who is interested in learning this ancient craft. Students need to provide their own vase, scissors and kenzan (special tool for flower arrangement).	IN CLASS	2nd & 4th M each month	Ongoing	6:30pm-8:30pm	\$40/month for materials	Arts & Craft Room	Shoka Nakamura

# ARTS & CRAFTS CLASSES



CLASS NAME	SIGNUP (pg 2)	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>JEWELRY 101</b> — Learn to create earrings, necklaces and bracelets and use of basic jewelry making tools. \$5 material fee payable to the instructor on the first day of class.	MV-LA	Th	9/11-10/16	9:30am-12pm	\$67 + \$5 material fee	Arts & Crafts Room	Deborah Hall
<b>JEWELRY 101</b> — Learn to create earrings, necklaces and bracelets and use of basic jewelry making tools. \$5 material fee payable to the instructor on the first day of class. No class 11/27.	MV-LA	Th	10/23-12/11	9:30am-12pm	\$79 + \$5 material fee	Arts & Crafts Room	Deborah Hall
<b>KNITTING AND CROCHETING CLUB</b> —Join this group of knitting and crocheting enthusiasts; create fun projects and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors. Or, work on projects of your own. All skill levels are welcome.	Club	W	Ongoing	1pm-3:30pm	FREE	Multi B	Mary Jane Grinder & Naomi Baity
<b>PAINTING CLUB</b> - Open to any senior who paints in oil and acrylic and is looking for a time and place to work with others. A studio atmosphere of mutual support and friendship will be maintained. This is a drop-in club with no formal instruction.	Club	W	Ongoing	9am-12pm	FREE	Multi B	Karen Koshgarian
<b>QUILTING (Carefree)</b> — Learn to operate a sewing machine, basic sewing skills, how to read and lay out a pattern, various sewing tools and their uses, and various seam finishes. A supply list will be provided and discussed on the first day of class. \$5 materials fee payable to instructor at first class. Required: bring your own sewing machine. <b>CANCELLED</b>	MV-LA	M	11/17	1pm-3:30pm	75 + \$5 material fee	Multi B	Joy-Lily
<b>SEWING 101</b> — Learn to operate a sewing machine, basic sewing skills, how to read and lay out a pattern, various sewing tools and their uses, and various seam finishes. A supply list will be provided and discussed on the first day of class. \$5 materials fee payable to instructor at first class. Required: bring your own sewing machine. <b>CANCELLED</b>	MV-LA	T	10/21	9:30am-12pm	\$79 + \$5 material fee	Multi B	Deborah Hall
<b>SEWING 101</b> — Learn to operate a sewing machine, basic sewing skills, how to read and lay out a pattern, various sewing tools and their uses, and various seam finishes. A supply list will be provided and discussed on the first day of class. \$5 materials fee payable to instructor at first class. Required: bring your own sewing machine. No class 11/11.	MV-LA	T	10/28-12/9	9:30am-12pm	\$67 + \$5 material fee	Multi B	Deborah Hall

# ARTS & CRAFTS CLASSES

CLASS NAME	SIGNUP (pg 2)	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>WATERCOLOR LANDSCAPES, BEGINNING—</b> A materials list will be supplied at the first class. Learn the basic watercolor techniques including color mixing, wet-in-wet, wet-on-dry, washes, color theory, and using unique materials to create textures. \$3 lab fee payable to instructor at first class. No class 9/16, 10/14, 11/11.	MV-LA	T	9/9-12/9	4:30pm-7pm	\$82 + \$3 material fee	Arts & Crafts Room	Christine Oliver
<b>WATERCOLOR LANDSCAPES, INTERMEDIATE—</b> Learn a four-step technique for creating stunning landscapes and still lifes. Painters must have their own supplies, or equivalent, on the class materials list. \$2 lab fee payable to instructor at first class. No class 10/14, 11/11.	MV-LA	T	9/9-12/9	9:30am-12pm	\$90 + \$2 material fee	Arts & Crafts Room	Christine Oliver
<b>WOODCARVING: DROP-IN—</b> A friendly informal class for beginning and more experienced carvers. The goal of this class is to become more knowledgeable about the types of woods, finishes and skills applicable to this craft. No class 9/1 & 11/11.	Club	M	Ongoing	1pm-4pm	FREE	Arts & Crafts Room	TBA



# COMPUTER CLASSES

CLASS NAME	SIGNUP (pg 2)	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>ESSENTIAL COMPUTING SKILLS, BEGINNING—</b> This 10-session (20-hour) course provides students with a foundation in computer concepts, the Internet, email, Windows, and Internet-based computing resources.	MV-LA	M, W	9/8-10/8	9am-11am	\$89	Technology Room	TBA
<b>ESSENTIAL COMPUTING SKILLS, INTERMEDIATE -</b> This 8-session (16-hour) course is intended for students with basic computer skills, and will cover more advanced topics related to the Internet, email, Windows, and Internet-based computing resources.	MV-LA	M, W	10/13-11/5	9am-11am	\$71	Technology Room	TBA

# DANCE CLASSES

CLASS NAME	SIGNUP (pg 2)	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>BEGINNING SOCIAL DANCE</b> - For all levels. This class teaches all kinds of popular social dances in a variety of ball-room dance styles like waltz, foxtrot, swing, two step, cha cha, rumba, samba, jive, salsa, hustle, etc. This class will not only improve your dance skill & fitness level, but your overall health & happiness as well. No class 11/27.	VOLUNTEER	Th	Ongoing	2:45pm-4:30pm	Free	Multi A	Ellen Jiang
<b>CHINESE FOLK DANCING GROUP</b> - You are warmly welcomed to our group for friendship, joy, happiness and health of the mind and body. Practice Chinese folk dances once a week and do several performances annually. No class 11/28.	IN CLASS	F	Ongoing	2pm-4:30pm	Free	Dance & Movement	W. Tang
<b>SOCIAL DANCE</b> - Dance to US, Chinese, and South American music from the 50s, 60s, and 70s. The types of dances include the Cha Cha, Fox Trot, Rumba, Swing, Tango, and Waltz. Come Join our Monday night "Dancing with the Oldies", and dance the night away. No class 9/1.	VOLUNTEER	M	Ongoing	7pm-8:45pm	Free	Multi A	Dean Wu
<b>LINE DANCING</b> - Enjoy an hour of line dancing with friends and other line dancers. No partner or experience needed. There are 2 sessions to chose from, a Thursday Session and a Friday session... or come to both! No class 11/27, 11/28.	VOLUNTEER	Th	Ongoing	10am-11:30am	Free	Multi A	Ming Young Anita Young
		F	Ongoing	1pm-2pm	Free	Multi A	Ming Young Anita Young
<b>SQUARE DANCING</b> - Join this lively class for square dance instruction and dancing. The new and the experienced are welcome! No partner needed. No class 11/28.	VOLUNTEER	F	Ongoing	2:15pm-3:15pm	Free	Multi A	Al Knoppe





# ENRICHMENT CLASSES



CLASS NAME	SIGNUP (pg 2)	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>BOOK CLUB</b> - Join the Senior Center Book Club! Enjoy monthly discussions of a chosen book with your fellow seniors. Everyone is welcome!	<b>Club</b>	2nd T each month	Ongoing	10:30am- 11:30am	Free	TBA	Rose Salido
<b>BOOK CLUB Non fiction, History, Biography</b> —Join the club to enjoy interesting titles and monthly discussions of a chosen book. All are welcome!	<b>Club</b>	4th W Each month	Ongoing	2pm- 3:30pm	Free	Meeting Room	June Bennehoof
<b>BRIDGE, DROP-IN</b> - Join this group that meets on Fridays 9:30 a.m. -11:30 a.m. Everyone is welcomed to play “social” or “party” bridge, but there will be no formal instruction. The volunteer in charge is Janice Pierce. For more information, email her at <a href="mailto:janicepierce08@comcast.net">janicepierce08@comcast.net</a> . No meeting 11/28.	<b>Club</b>	F	Ongoing	9:30am- 11:30am	Free	Conference Room	Janice Pierce Or Essie Curnell
<b>CURRENT AFFAIRS</b> - Discuss controversial issues of the day in a safe setting. What should public policy be regarding long term unemployment? Can our society be fair to young and old? What should be the goals for America? No class 11/10 & 11/24.	<b>MV-LA</b>	M	9/8-12/8	1-3pm	\$60	Meeting Room	Jack Cormode
<b>ENGLISH CONVERSATION CLUB</b> — Join this group to practice your English conversation skills in a relaxed setting. This is an intermediate class and knowledge of basic English is recommended. No class 11/28.	<b>VOLUNTEER</b>	F	9/5-12/12	1pm-3pm	Material fee See instructor	Meeting Room	Nina Ross & Ellen Murray
<b>ESL: ADVANCED LOW</b> - This class is designed for students who use English independently in most familiar situations. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins. No class 11/27, 11/28.	<b>MV-LA</b>	M Th F	9/4-12/19	8:45am- 10:15am	Free	Meeting Room	Kelle Mason
<b>ESL: BEGINNING HIGH</b> - This class is designed for students who can read articles and write several sentences in English. These students can also speak and understand common English words and phrases. NEW STUDENTS must first go to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins. No class 11/27, 11/28.	<b>MV-LA</b>	M Th F	9/4-12/19	10:30am- 12:00pm	Free	Multi B	Helen Choy

# ENRICHMENT CLASSES

CLASS NAME	SIGNUP (pg2)	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>ESL: INTERMEDIATE</b> - For students who can read and write about familiar situations. These students can participate in conversations about everyday subjects they are interested in. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins. No class 11/27, 11/28.	<b>MV-LA</b>	M Th F	9/4-12/19	10:30am-12:00pm	Free	Meeting Room	Kelle Mason
<b>ESL: LITERACY/ BEGINNING LOW</b> - This class is designed for students who have never studied English or for students who can read, write, understand and/or speak simple words and phrases. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins. No class 11/27, 11/28.	<b>MV-LA</b>	M Th F	9/4-12/19	8:45am-10:15am	Free	Multi B	Helen Choy
<b>LIPREADING</b> - Designed for adults with acquired, congenital, or progressive hearing impairment. Includes basic sounds of the English language and how production of basic speech sounds appears on the lips and face of the speaker. Physiological problems related to hearing will be discussed along with technological solutions. For information regarding school fees please contact FOOTHILL. No class 11/11.	<b>Foothill DeAnza</b>	T	9/23-12/16	10am-11:15am	Contact Foothill For cost information	Meeting Room	Ellen Mastman
<b>MEMOIRS WRITING</b> - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. This class will give you the opportunity to review writing techniques and receive constructive criticism from students and teacher. No class 11/27.	<b>MV-LA</b>	Th	9/11-12/11	12:30pm-3:30pm	\$97	Multi B	Sylvia Halloran







# EXERCISE CLASSES





CLASS NAME	SIGNUP (pg 2)	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>FELDENKRAIS AWARENESS THROUGH MOVEMENT</b> - Improve coordination and quality of movement, leaving excess muscle tension behind. Create relief for your back, neck and shoulders, expand ease of movement, and improve physical habits to achieve better balance, less pain, and more enjoyment. Movements are usually done lying on mats, sometimes sitting or standing. Mats provided. No class 11/28.	<b>MV-LA</b>	F	9/12-12/12	10am-11:15am	\$49	Multi A	Jean Elvin
<b>THE JOY OF MOVEMENT</b> - The class sessions include gentle warm-ups, movement, and meditations from yoga; fun activities inspired by dance, theater, music, and art that encourage spontaneity, awaken the senses, and stir the creative imagination; and guided movement improvisations accompanied by energizing, inspiring music. Students are encouraged to move at their own pace; no experience necessary.	<b>VOLUNTEER</b>	First W each month	Ongoing	7pm-8:45pm	Free	Social Hall	Ron Cantoni
<b>LOW IMPACT AEROBICS “Beginner”</b> - This class is slower paced; short choreographed routines help make learning easier and more fun. The learning part takes about 20 minutes. Putting it to the music with previous “dances” takes about 40 minutes. This followed by a seated workout focused on strengthening the abs, lower back, and hips. Students must complete this class if they want to move on to the Intermediate and Advanced levels. No class . 10/13, 10/15, 11/24, 11/26.	<b>MVSC Front Desk</b>	M,W	9/8-12/10	10am-11am	Small room rental fee	MV Community Center Auditorium	Diane Arnold
<b>MATTER OF BALANCE</b> — Geared for adults 60 and older. Many older adults experience concerns about falling and restrict their activities. MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls and incorporates a gentle but effective exercise program.	<b>Pre-Registration Required</b> <b>MV Senior Center Front Desk</b> <b>650-903-6330</b>	F	9/5-10/24	9 am-11 am	Free	Dance & Movement	Stanford Hospitals & Clinics
<b>QIGONG: EVENING</b> - Combines slow graceful movements with mental concentration and breathing to increase strength, balance, and coordination which enhances the immune system and reduces physical and mental stress. It is gentle and precise, making it accessible to any willing student, even those who are physically limited. Class meets in the Dance and Movement room on these dates: 9/10, 10/8, 11/12. No class 11/26.	<b>MV-LA</b>	W	9/10-12/10	5:30pm-7pm	\$73	Multi A and Dance & Movement Room	Leslie Sims

# EXERCISE CLASSES



CLASS NAME	SIGNUP (pg 2)	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>QIGONG: MORNING</b> - Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. It promotes your natural resiliency to stress and illness. No class 11/27.	<b>VOLUNTEER</b>	Th	Ongoing	10am-11:30am	Free	Dance & Movement	Olivia Wang
<b>STRESS MANAGEMENT (T'AI CHI)</b> - Designed for the disabled student to recognize stress symptoms and become aware of signals which cause triggers in stress. Learn stress management skills from passive to active take-charge role.	<b>Foothill DeAnza</b>	M	9/22-12/8	1:30pm-3:20pm	Free	Multi A	Donna Marriott
<b>STRONG FOR LIFE</b> - Two sections to choose from! This is a muscle strengthening program designed for older adults. The program consists of a set of 10 core exercises involving the trunk and the upper/lower extremities. All exercises are done in either a sitting or standing position using elastic exercise bands. Pick up the enrollment & physician clearance forms in class. No class 11/11.	<b>IN CLASS</b>	T	Ongoing	Section 1: 9:30-10:30am Section 2: 10:30-11:15am	Free	Dance & Movement	Madhu Ahuja
<b>T'AI CHI</b> - This class fosters positive mind-body skills, processes, and events. T'ai Chi is an ancient Chinese martial art form that was developed to enhance both physical and emotional wellbeing. Many people who practice T'ai Chi indicate that they feel more peaceful and relaxed after the workout. No class 9/1.	<b>VOLUNTEER</b>	M	Ongoing	10:15am-12pm	Free	Multi A	Olivia Wang
<b>WORKOUT ON BROADWAY</b> - Tired of the same old exercise routine? Join our "chorus line" as we tap our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Workout attire and leather-soled shoes recommended (no taps). No class 11/11, 11/27.	<b>MV-LA</b>	T, Th	9/9-12/11	1:15pm-2:15pm	\$97	Dance & Movement	Marnie Ridgway

# EXERCISE CLASSES

CLASS NAME	SIGNUP (pg 2)	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>YOGA FOR SENIORS</b> —Empower yourself to rediscover your ease and joy. Increase your balance, strength and flexibility. Relax into your deep inner peace. This class will include basic postures, breath techniques, rhythmical repetitive movements, relaxation and meditation. Individual needs and concerns will be addressed as I guide us through the poses using a 4 point process. I welcome all of us who are able to transition to the floor easily and up or sit in a chair. Each class is limited to 15 people.	<b>IN CLASS</b>	F	9/19/14 10/17/14 11/21/14 12/19/14	12:15pm-1:45pm	\$15 per class	Dance & Movement	Mary Ann Alexander
<b>YOGA, THERAPEUTIC YOGA FOR SENIORS</b> - Will focus on gentle therapeutic exercises for the whole body. Breathing, relaxation techniques, concentration improvement, stress and anxiety management will be taught based on classical Rajyoga philosophy. Benefits of this class are joint flexibility, strength, endurance, and higher energy levels.	<b>VOLUNTEER</b>	W	Ongoing	10am - 11:15am	Free	Dance & Movement	N. Subramanian
<b>YOGALATES</b> - Through a series of yoga and Pilates exercises, students will build core stability, strengthen the abdominals, and improve postural alignment as well as increase flexibility, mobilize the spine, stretch, and release tension throughout the body. Students will be encouraged to work at their own comfortable, safe level. These classes are not suitable for those who are chronically ill. Bring a yoga mat and towel. No class 11/11, 11/25.	<b>MV-LA</b>	T	9/23-12/2	5:45pm - 7:00pm	\$48	Multi A	Miki Bousso
<b>YOGALATES LEVEL 2</b> - The Level II class is designed for students already familiar with the principles of yoga. These classes are not suitable for those who are chronically ill. Bring a yoga mat and towel. No class 11/11, 11/25.	<b>MV-LA</b>	T			\$48	Multi A	Miki Bousso





# MUSIC CLASSES



CLASS NAME	SIGNUP (pg 2)	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>CHINESE CHORUS</b> - The Evergreen Chorus of Northern California consists of 30-40 Chinese American seniors who love to sing. Chinese classical, popular, and folk songs are practiced once a week and performed at local communities and special events. Come join our group! No meeting 11/11.	<b>IN CLASS</b>	T	Ongoing	2:30pm-4:30pm	Free	Multi A	David Zhou
<b>CHORUS</b> - Do you like to sing? Join our performing chorus; all abilities welcome! Have fun while learning vocalizing and sight singing techniques in a range of music styles from popular show tunes to light classics. Music fee included in the registration fee.	<b>MV-LA</b>	W	9/10-12/10	9:30am-11:30am	\$81	Multi A	Marnie Ridgway
<b>KARAOKE: DROP-IN</b> - Come to entertain or be entertained! Karaoke equipment will be provided, bring your own disc if you have one. The majority of discs are multi-lingual and provided by instructors. No meeting 11/11.	<b>VOLUNTEER</b>	T	Ongoing	1pm-4pm	Free	Arts & Crafts Room	J. Liang C. Chow
<b>SOUTH BAY COMMUNITY ORCHESTRA</b> - This full senior orchestra is devoted to serving the community by performing at senior centers, retirement homes and rehabilitation centers. Music includes classical and pop styles. If you play an orchestra instrument, join us.	<b>MV-LA</b>	W	9/10-12/10	1pm-4pm	\$81	Multi A	Marnie Ridgway

## Senior Center Offerings

Are you aware of how many wonderful events, services and ways to keep you smiling are offered at the Mountain View Senior Center? Here are a few:

### Drop in Amenities

Dancing	Exercise room
Weekly movies	Lounge areas
Computer room	

**Parks  
Make  
Life  
Better!**

## Social Services

Brown Bag by 2<sup>nd</sup> Harvest Food Bank  
Health/Medical Insurance (HICAP)  
VTA Clipper card applications  
Senior Advisory Committee  
Legal Assistance (SALA)  
CSA referrals and info  
Alzheimer's screenings  
Blood pressure checks  
Cell phone assistance  
Hearing screenings  
Eyeglass repair  
Notary service  
Tax services

## General

Daily lunch program  
Lunch entertainment  
Daily Sudoku puzzle  
TV, News & Sports  
Monthly newsletter  
Free public phone  
Daily crosswords  
Service binder  
Hot chocolate  
Volunteering  
Book library

Coffee  
Tea  
Vending machines  
US mail service  
Stamps for sale  
Travel program  
Activity binder  
Playing cards  
Senior garden  
Board games  
DVD rentals